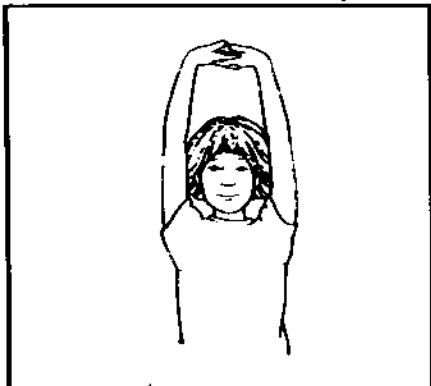


WARM-UP CHART FOR THE MONTH OF _____ ACTIVITY SHEET

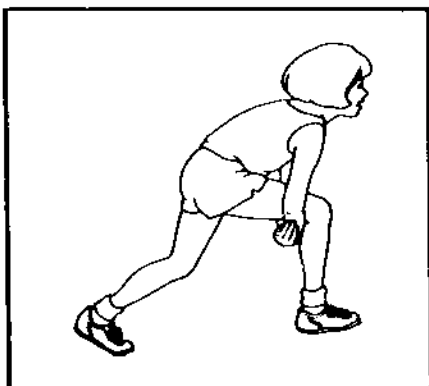
Directions: Color each day of the month for each exercise you perform.



ARM STRETCH

Stand straight with arms above your head. Push your palms toward the ceiling. Push your palms up as though you were trying to touch the ceiling. Push your arms back slowly, but don't bend your waist. Hold for 15 seconds.

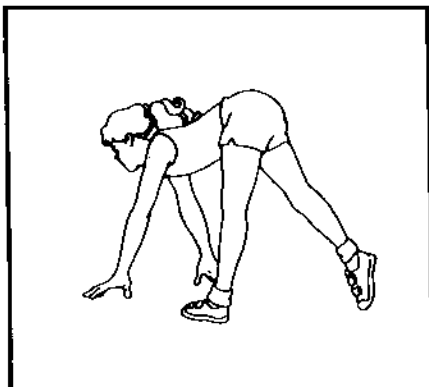
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	



BEAR HUG

Stand with your feet comfortably spread, hands on hips. Take a long step diagonally right, keeping your left foot anchored in place. Now encircle your right leg around your thigh with both arms. Return to starting position, then repeat with the opposite side.

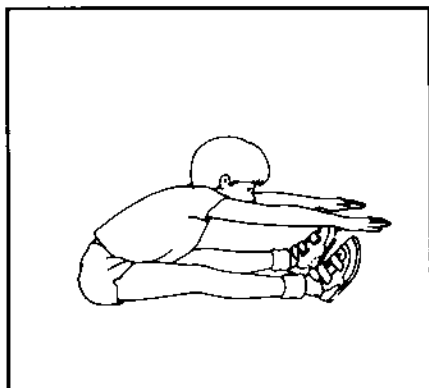
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	



BEAR WALK

Bend from the waist and place your hands on the floor. Now "travel" in a circle, moving your right arm and right leg at the same time as one step, then moving your left arm and left leg as a second step. Continue until you begin to feel tired.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	



LEG STRETCH

Sit with your legs extended, heels on the floor about one foot apart. Keeping your back straight, slowly lean forward. You can bend your knees slightly. Hold your stretch for 10-20 seconds. repeat, and remember to keep breathing normally.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	